

Indian Cast Iron Roast Chicken

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Ingredients

1 whole chicken (4-6 lbs)
4 tbsp vegetable oil, divided
1 tbsp cumin powder
1 tbsp coriander powder
2 tsp salt
1 tsp turmeric powder
1 tsp garam masala powder
½ tsp cayenne pepper or Indian chili powder
2 yellow onions, cut into 6-8 wedges each
5 red bliss potatoes, cut into quarters

Directions

Wash and thoroughly dry the chicken. Cut down each side of the backbone using scissors or kitchen shears to remove it. Turn the chicken over and press down on the bone between the breasts to flatten it out.

Make the spice rub by combining the cumin powder, coriander powder, salt, turmeric, garam masala powder, and cayenne pepper together.

Rub the chicken with 1 tbsp of vegetable oil and $\frac{3}{4}$ of the spice mixture on both sides. Place on a wire rack or a plate and refrigerate, uncovered for at least 1 hour and ideally 4 hours or overnight. (You can skip this part if you're short on time).

Place the cast iron skillet in the oven and turn the oven to 450 degrees F to preheat. Once preheated, add 2 tbsp oil to the pan and place the chicken in, skin side down. Return to the oven to roast for 10 minutes. In a separate bowl, toss the onion wedges and potatoes with the remaining 1 tbsp of vegetable oil and the leftover spice rub.

After the chicken has been seared, remove it to a plate and add the potatoes and onions to the pan, creating a single layer. Place the chicken back on top, skin side up, and roast for 35-45 minutes until cooked through. Allow to rest for 10 minutes, carve, and serve.